

How to eke out the fat

JUNE, 1918.

LARGE quantities of fat are required for the manufacture of explosives. If every housewife or cook who is visited by a rag and bone merchant would take the trouble to save and sell to him the grease from washing-up water, the total amount of fat thus collected, instead of choking the drains, would be of great service to the country.

The fat collected from Army camps has produced—

- (1) Tallow sufficient to provide soap for the entire needs of the Army, Navy and Government Departments, with a surplus for public use.
- (2) 1,800 tons of glycerine for ammunition—sufficient to provide the propellant for 18,000,000 shells.

To be obtained from—

**MINISTRY OF FOOD,
DESPATCH DEPARTMENT,
35, PARK STREET, W.1.**

PRICE ONE PENNY.

HINTS ON SIMPLE ECONOMIES IN FAT.

With all meat there is a certain amount of fat. If there is more fat than is likely to be eaten with the meat, this should be removed before cooking and rendered down into dripping for table use or cooking purposes.

When your bacon is very fat render down some of it for use in cooking.

Marrow in Bones.—NEVER put bones into the stockpot without first removing the marrow.

In certain bones (e.g., bones from silverside of beef) there is a large amount of marrow which is pure fat and excellent as a substitute for suet in steamed or baked puddings. It must be chopped and added to the flour or potato which is being used for the pudding.

Suet.—This requires coupons, but it is one of the most digestible forms of fat which can be used over and above the fat ration. To use it to the best advantage

to cool, when the fat will form a layer on top and the water will remain at the bottom. Scrape any dark sediment from the bottom of the fat.

To Render Down Fat.—Put the fat into a saucepan with cold water ($1\frac{1}{2}$ pints water to 1lb. fat) and bring to the boil. Boil until all the fat has been extracted from the skin, etc., and the water has evaporated, then all bubbling will have ceased. Strain the fat into a clean basin.

In the case of salt fat bacon this must be soaked from 12 to 24 hours before rendering down.

Bones: How to Extract the Fat.—A whole shin bone can be bought for 8d. or 10d.; this may seem expensive, but in reality is very economical, as it contains from eight to twelve ounces of fresh marrow—almost pure fat—which can be used either in place of suet or rendered down for dripping.

THE FOOD VALUE OF BACON.

During the meat shortage we have realised that substitutes can be found for meat. Peas, beans and lentils all contain much of the flesh-forming material which is the special value of meat. But for fat, the great energy giver, there is no real substitute. Use bacon now that it is available. About three-quarters of the composition of average bacon is fat, and fat in a specially digestible form, so that for delicate children it is an important source of food.

Though expensive, it is cheaper than the unrationed fats which are on the market, and is a more digestible and nourishing food.

it should be chopped finely before adding it to the pudding, and then thoroughly cooked either by steaming, boiling, or baking.

Nuts.—Nuts are rich in fat and a valuable article of diet both cooked and uncooked. When they are plentiful they may be used with great success in puddings, and must be treated, after soaking in hot water to remove the skins, in a similar way to suet. Peanuts are particularly good for this purpose, as they are specially rich in fat and are comparatively plentiful. Peanuts should be baked for a few minutes before they are chopped, in order to improve the flavour.

Fat from Jars of Bottled Fruit.—In many households there are still jars of bottled fruit which have been sealed by a layer of mutton fat. As each jar is used the fat becomes available for other purposes. It will prove excellent for frying if clarified first. It is not advisable to use it in any other way in cooking, because it is sometimes slightly mildewed, and, even after clarification, this would taste. Owing to the high temperature of the fat used for frying, no flavour will be imparted to the food.

To Clarify Soft Fat.—This is a true economy. Melt the fat and pour on boiling water in the proportion of $1\frac{1}{2}$ pints water to 1lb. fat. Boil together for about ten minutes and then pour into a basin. Allow

To Make Bone Stock.—The bone should be broken (this the butcher will do if requested), and the marrow removed. The bones should then be covered with cold water, to which salt is added in the proportion of 1 teaspoonful to 1 quart. Cook for 4 to 6 hours, strain and allow to cool, then remove the fat from the surface. The stock can be used in soups, stews, or sauces. The fat should be clarified and used for cooking purposes. Any meat or gristle should be removed from the bones and can be used for a pie or pudding. The Bones can either be reboiled or sold to a rag and bone merchant.

Frying.—There has been much discussion as to the economy of frying—both deep and shallow fat frying—during the present shortage of fats. Frying ought to be abandoned now and all the fat used in the food. Rissoles and fish cakes, etc., can be baked or grilled.

How to Use a Bath of Fat.—Should there be a bath of fat already in use in a household, then it is wisest to continue to use it for frying, exercising the greatest care in its use.

The articles fried should be thoroughly drained over the pan of fat; when food is drained on paper much fat is lost.

The fat should be strained after use, or particles of food will become burned and spoil the fat. Occasionally the fat should be clarified as described above.

GLOSSARY OR EXPLANATION OF TERMS.

1 oz. of ordinary cereal is equal to 1 moderately heaped tablespoonful.

1 oz. of coarse cereal is equal to 1 level tablespoonful.

1 oz. of fresh breadcrumbs is equal to 2 level tablespoonfuls.

1 gill (i.e. $\frac{1}{4}$ -pint) is equal to 1 small teacup.

$\frac{1}{2}$ -pint of any liquid is equal to 1 ordinary tumbler or 1 large cup.

To blanch or parboil means to boil in water for five minutes and then to rinse in cold water.

To steam means to cook in vapour over boiling water.

To stew means to cook slowly in small quantity of liquor.

HOW TO MAKE BUTTER OR MARGARINE GO FURTHER.

CORNFLOUR BUTTER.

4 ozs. butter or margarine.

1 gill milk.

1 teaspoonful cornflour.

$\frac{1}{2}$ teaspoonful salt.

Method.—Mix the cornflour with 1 tablespoonful of the milk. Boil the remainder of the milk, stir in the mixed cornflour and allow to boil for two minutes. Remove from the fire and allow to cool for a few minutes. Cut the butter into small pieces and add a little at a time, stirring constantly until all the butter is added, and the whole has become of a smooth creamy consistency. Add the salt, pour into a jar or basin, and put in a cool place to set.

POTATO BUTTER.

4 ozs. margarine or butter.

4 ozs. cold mashed potato.

1 teaspoonful salt.

Method.—Beat the margarine or butter to a cream with a wooden spoon. Beat in gradually the potato. Lastly add the salt; form into a neat pat and serve.

SEMOLINA BUTTER.

1 oz. semolina.

$\frac{1}{2}$ pint of milk.

$\frac{1}{2}$ teaspoonful salt.

$\frac{1}{2}$ lb. butter or margarine.

Boil the milk. Sprinkle in the semolina, stir well until the mixture thickens and is thoroughly cooked (about 5 minutes). Add salt, and put aside to cool. Slightly cream the margarine or butter, and add the cooked semolina, mixing it well in. This makes a good butter which spreads easily on bread.

HOW TO KEEP BUTTER AND MARGARINE COOL AND FIRM.

Place the butter on a plate and stand this in a large vessel containing cold water. Place a flower-pot over the top and cover with a clean cloth, allowing the corners to dip into the water. Add more water when required. Put on a stone floor or in the coolest place available.

ANOTHER WAY.

Place the butter on a plate and stand this on bricks in a large vessel containing cold water which does not cover the plate. Place a wire meat cover over the top and lay over it a clean, soaking bath-towel, allowing the ends to dip well into the water. See that the towel remains very wet all over. Add more water when required. Place in a draught of air.

ECONOMIES IN FAT.

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VALUE OF BACON.

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It is cheaper than the unrationed fat, and is a more digestible

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PASTES FOR SPREADING ON BREAD. SMOKED HERRING PASTE.

4 ozs. smoked pickled herring.

4 ozs. potatoes (scrubbed, steamed, finely peeled and sieved).

Bone the herrings. Flake the fish, and beat this into the sieved potatoes. Put the mixture through a sieve, press into small jars, and use as required.

Note.—If the fish is finely flaked and the whole well beaten a satisfactory paste, though not of so fine a texture, can be made without using a sieve.

LENTIL PASTE.

$\frac{1}{2}$ oz. margarine or dripping.

1 onion (chopped).

1 teacupful lentils.

$1\frac{1}{2}$ teacupful stock or gravy.

1 teaspoonful chopped parsley or mixed herbs.

Salt and pepper to taste.

Method.—Melt the fat, and fry the onion. Wash and add the lentils and add stock. Cook gently at the side of the fire until the lentils are soft, stirring occasionally and adding a little more stock if required. Beat to a smooth paste, and add salt, pepper and herbs or parsley. Put into a jar and allow to cool. This will not keep for more than two days during the hot weather.

TO PRESERVE BUTTER FOR WINTER USE.

Wash the butter thoroughly in cold water in order to extract all the buttermilk. Break up the butter so that the water can reach every part. Squeeze the water out; add salt in the proportion of $\frac{1}{4}$ lb. to 6 $\frac{1}{2}$ lbs. butter. Press some of the butter down into an earthenware jar and cover with a layer of salt, then put on another layer of butter, and so on, till it is all potted, finishing with a thick layer of salt. This must all be pressed down very tightly so that there are no air bubbles.

Butter treated in this way will keep for use during the winter.

METHODS OF TREATING COCOA BUTTER IN ORDER TO REMOVE THE STRONG SMELL AND FLAVOUR. TO CLARIFY COCOA BUTTER WITH LIME WATER.

Put nearly half a pint of lime water into a saucepan with $\frac{1}{4}$ lb. cocoa butter, and bring to the boil, stirring well. This forms a frothy emulsion. Stir well and boil for a few seconds; then add half a pint of plain water. Boil again and set aside to cool and set, when the butter can be easily removed from the saucepan by running a knife round the sides. After this treatment the cocoa butter is white and nearly free from cocoa flavour. It weighs three times its original weight because it absorbs nearly twice its own weight of water. It is much softer, and is easy to use in puddings and pastry.

LIME WATER.

1. Can be obtained at a chemist's shop ready for use; or
2. Take $\frac{1}{4}$ oz. of calcium hydrate (slaked lime), add to it (in a suitable vessel) 1 quart water that has been boiled. Vigorously shake the mixture for a few seconds, allow to settle for some hours, and pour off the clear liquid; or
3. Get a piece of quick lime, sprinkle it with water, and when thoroughly slaked, use as directed for 2, above.

ANOTHER METHOD.

Heat the butter in a shallow frying pan to a temperature of 370°Fahr., when a white smoke will be seen. Keep the fat at this temperature for five minutes. Cool and leave to set. After treating the

cocoa butter in this way there should be no flavour of cocoa; probably a tallow taste will remain, but it will not be noticeable in dishes made with this fat.

For cooking purposes the simplest way is to grate the cocoa butter in the same way as suet. Cocoa butter prepared in this way is excellent for puddings and savoury dishes; but if it is used for pastry a rather hard result is obtained.

HOW TO MAKE THE MOST OF THE BACON RATION.

1. Do not wash the pan immediately after frying bacon, or the fat which coats the pan will be wasted. This fat can be utilised for frying cooked haricots, or sliced cold potatoes. A little fat bacon served with fried haricots or potatoes makes a good breakfast, and saves bread.
2. The rind of bacon should be removed before cooking, and should be fried to melt the fat from it. The rind should afterwards be added to vegetable stock or soup to give flavour. Bones from bacon should be added to the stock pot or soup pan.
3. When bacon has been boiled it should be left to cool in the water in which it was cooked. In this way less fat is lost, and any juice which might otherwise be lost enriches the stock.
4. The liquor in which ham or bacon has been boiled should be allowed to become cold. The fat should then be skimmed off and clarified. From 2 to 4 ozs. of clear white fat can in this way be recovered from 1 lb. of fat bacon.
5. As vegetables contain very little fat, a little fat bacon added to a vegetable stew makes a nourishing and appetising dish. This is a particularly economical way of cooking a small quantity of bacon, as the fat which comes from the bacon enriches the stew and is not wasted on the sides of the pan.

TO BLANCH OR REMOVE SALT FROM BACON.

If the bacon is of the very salt variety it should be well scraped and washed before cutting the rashers. If it is to be boiled it should be soaked for 12 to 24 hours, according to the size of the piece to be cooked.

To remove salt quickly from a rasher of bacon, put cold water with it in the frying pan, pour this away when it has nearly boiled, and then continue frying in the ordinary way. The water should be kept and the fat removed when cold.

AMERICAN BACON.

A considerable proportion of the present supply of bacon comes from America, and is particularly fat and salt. In addition, it has been necessary for the Ministry of Food to purchase a number of fat cuts in greater quantities than usual, and accordingly they are on sale in districts where they have hitherto not been used. The following recipes show ways in which these very fat cuts of bacon can be made into appetising and nourishing dishes by the addition of ingredients which will absorb a certain amount of the fat and so give a dish of high food value without being too rich.

If American bacon is being used it will need to be blanched or scalded before being added to the other ingredients.

GREEN PEAS AND BACON.

	6 Portions.	100 Portions.
Dried green peas	8 ozs.	8 lbs.
Fat salt American		
bacon	4 to 6 ozs.	4 to 6 lbs.
Cornflour	$\frac{1}{2}$ oz.	8 ozs.
Chopped mint	1 teaspoonful.	4 tablespoonfuls.
Water	1 pint.	8 quarts.
Leeks or spring onions	2 or 3 large leeks or 4 ozs. spring onions.	4 lbs.

Method.—Put the peas in a basin with 1 quart of boiling water. Add 1 teaspoonful bicarbonate of soda and allow to stand for 24 hours. Rinse before cooking. Blanch the bacon, reserving the fat from the water

for cooking. Well wash and cut up the leeks or onions into one-inch lengths. Put them into a saucepan or casserole with the bacon which has been cut into small strips, and allow to cook with the lid on for a few minutes. Add the water, bring to boiling point, then simmer for 25 to 30 minutes. Steam the peas in muslin suspended over a saucepan of fast boiling water until tender (about 35 to 45 minutes).

Mix the cornflour with a little cold water, stir it into the bacon and leeks, then add the steamed peas and finely chopped mint. Season and allow to simmer for 5 to 10 minutes. Serve very hot.

Note.—Fresh green peas can be used with advantage, in which case they should not be steamed, but should be cooked with the bacon and onions.

Haricot beans or brown beans, carrots and bacon, can be prepared in a similar manner, and make a very nice dish.

TO SUSPEND THE PEAS OVER A PAN OF WATER.

Place the peas on a square piece of muslin, place the saucepan lid over the peas, and tie the four corners of the muslin under the handle of the lid.

BUTTER BEAN AND BACON ROAST.

	8 Portions.	100 Portions.
Butter beans	$\frac{3}{4}$ lb.	9 lbs.
Bacon	4 ozs.	3 lbs.
Chopped onion	1 tablespoonful.	$\frac{3}{4}$ lb.
Water or vegetable		
stock	1 gill.	3 pints.
Mashed potato	6 ozs.	$4\frac{1}{2}$ lbs.
Egg	1 egg.	12 eggs.
Chopped parsley	1 teaspoonful.	3 tablespoonfuls.
Savoury herbs	1 teaspoonful.	3 tablespoonfuls.
Salt	1 teaspoonful.	2 ozs.
Pepper	To taste.	$\frac{1}{2}$ oz.

Method.—Put the beans into boiling water with a teaspoonful of bicarbonate of soda, and allow to soak for 24 hours. Drain off the water, rinse the beans and steam until soft, then mince or chop finely. Cut the bacon in dice and boil with the chopped onion in 1 gill water or vegetable stock for about 15 minutes. Mix with the beans, add the potato, beaten egg and seasonings. Turn into a greased bread tin, and bake in a moderate oven for 40 to 50 minutes. Turn out and serve with a brown sauce.

FAT AMERICAN BACON AND RICE ROAST.

	8 Portions.	100 Portions.
American or other		
boiled fat bacon		
(cut into dice)	6 ozs.	$4\frac{1}{2}$ lbs.
Potatoes (cooked and	6 ozs.	$4\frac{1}{2}$ lbs.
sieved)	6 ozs.	$4\frac{1}{2}$ lbs.
Peaflour or other		
flour	$\frac{3}{4}$ oz.	9 ozs.
Onion (chopped)	2 ozs.	1 $\frac{1}{2}$ lbs.
Parsley	1 teaspoonful.	3 tablespoonfuls.
Pepper	A pinch.	To taste.
Stock	$\frac{1}{2}$ gill.	1 $\frac{1}{2}$ pints.
Water or stock from		
bacon	3 gills.	$4\frac{1}{2}$ quarts.

Method.—Wash the rice and put it into a tin with 3 gills (or $4\frac{1}{2}$ quarts) of water. Close the tin and set it in a pan containing sufficient boiling water to come half-way up the sides of the tin. Cover the saucepan and steam for about 30 to 40 minutes until the rice is quite soft and the water absorbed.

Mix the rice, potato, bacon, parsley, peaflour and stock thoroughly together. Season with pepper. Place the mixture in a tin, preferably a bread tin, or, failing that, a cake tin. Bake in a moderate oven for 30 to 40 minutes. Serve hot with apple or rhubarb sauce and gravy.

Note.—If possible when cooking for large numbers, cook the rice in a jacket boiler.

RHUBARB SAUCE.

	8 Portions.	100 Portions.
Rhubarb	$\frac{1}{2}$ lb.	6 lbs.
Sugar	$\frac{1}{2}$ oz.	6 ozs.

Method.—Wash and dry the rhubarb. Cut it into small pieces and put it into a tin with the sugar. Put

the lid on the tin and place it in a closed saucepan containing enough boiling water to come half-way up the tin. Steam until the rhubarb is thoroughly cooked (about 35 minutes). Rub the fruit through a hair sieve; failing that, mash to a purée with a wooden spoon. Reheat and serve.

BACON CHOWDAR.

	8 Portions.	100 Portions.
Cold fat		
boiled		
bacon	$\frac{1}{2}$ lb.	6 lbs.
Onions (chopped)	3 ozs.	$2\frac{1}{2}$ lbs.
Potatoes	2 lbs.	24 lbs.
Mixed herbs	$\frac{1}{2}$ teaspoonful.	3 dessertspoonfuls.
Chopped parsley	$\frac{1}{2}$ teaspoonful.	3 dessertspoonfuls.
Pepper	To taste.	To taste.
Stock	$\frac{1}{2}$ pint.	3 quarts.

Method.—Scrub and steam the potatoes for 10 to 15 minutes. Remove the skins and cut them into cubes, also the cooked bacon. Arrange the potatoes, bacon and chopped onion in layers in a casserole or stewjar or piedish, sprinkling each layer with pepper, mixed herbs and chopped parsley. Cover with stock and finish with a layer of potato. Bake in a moderate oven for 40 to 60 minutes. Sprinkle with chopped parsley and serve.

BACON AND POTATO STEW.

	8 Portions.	100 Portions.
Fat bacon	$\frac{1}{2}$ lb.	6 lbs.
Onion (chopped)	3 ozs.	$2\frac{1}{2}$ lbs.
Potatoes	2 lbs.	24 lbs.
Flour	$1\frac{1}{2}$ ozs.	1 lb. 2 ozs.
Vegetable stock or		
water	1 pint.	12 pints.
Pepper	To taste.	To taste.
Gravy browning	A few drops.	As required.

Method.—Scrub the potatoes very thoroughly and remove specks. Cut them in quarters, but do not peel them if the skins are sound. Cut up the bacon, removing the rind. Fry bacon lightly, then add the onions and fry until of a golden brown.

Stir in the flour smoothly and add the water or stock. Stir until it boils and add a few drops of gravy browning if necessary. Add potatoes and simmer for $\frac{1}{2}$ hour. Season with pepper and serve.

CABBAGE RICE AND BACON.

	8 Portions.	100 Portions.
Rice	8 ozs.	6 lbs.
Cabbage (spring)	1	12
Fat bacon (uncooked		
and chopped finely)	6-8 ozs.	6 lbs.
Onion (chopped finely)	3 ozs.	$2\frac{1}{2}$ lbs.
Water	1 pint.	6 quarts.
Salt and pepper		

Method.—Wash the rice and spring cabbage thoroughly. Boil the cabbage for 5 minutes in a pan of boiling salted water with the lid on. Shred it finely. Put the rice, cabbage, onion, bacon and water into a jar or tin, season well with salt and pepper. Put on the lid and place the jar or tin in a saucepan of boiling water. Put the saucepan lid on and cook for 45 to 60 minutes until the rice is quite tender and the cabbage thoroughly cooked. Serve hot in a casserole or on a hot dish.

Note.—If possible, when cooking for 100, cook this dish in a jacket boiler.

CORN AND BACON ROAST.

	8 Portions.	100 Portions.
Cold boiled fat bacon	6 ozs.	$4\frac{1}{2}$ lbs.
Maize semolina	6 ozs.	$4\frac{1}{2}$ lbs.
Potato (grated raw)	6 ozs.	$4\frac{1}{2}$ lbs.
Flour	$1\frac{1}{2}$ ozs.	1 lb. 2 ozs.
Mixed herbs	$\frac{1}{2}$ teaspoonful.	$4\frac{1}{2}$ tablespoonfuls.
Onion (chopped finely)	3 ozs.	$2\frac{1}{2}$ lbs.
Stock	$2\frac{1}{2}$ gills.	$7\frac{1}{2}$ pints.
Pepper		

Method.—Scrub and scrape the potatoes. Put the cooked bacon and raw potato through the mincing machine or chop finely. Mix the maize, potato, bacon, flour, onion, mixed herbs and stock together thoroughly. Season with pepper. Press into a greased bread-tin or cake-tin and bake in a moderate oven for 45-50 minutes. Serve with brown potato sauce or gravy.

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Mix the cornflour with a little cold water, stir it into the bacon and leeks, then add the steamed peas and finely chopped mint. Season and allow to simmer for 5 to 10 minutes. Serve very hot.

Note.—Fresh green peas can be used with advantage, in which case they should not be steamed, but should be cooked with the bacon and onions.

Haricot beans or brown beans, carrots and bacon, can be prepared in a similar manner, and make a very nice dish.

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Bacon ...	... 4 ozs.	3 lbs.
Chopped onion ...	... 1 tablespoonful.	½ lb.
Water or vegetable stock ...	... 1 gill.	3 pints.
Mashed potato ...	... 6 ozs.	4½ lbs.
Egg ...	... 1 egg.	12 eggs.
Chopped parsley ...	... 1 teaspoonful.	3 tablespoonfuls.
Savoury herbs ...	... 1 teaspoonful.	3 tablespoonfuls.
Salt ...	... 1 teaspoonful.	2 ozs.
Pepper ...	... To taste.	½ oz.

Method.—Put the beans into boiling water with a teaspoonful of bicarbonate of soda, and allow to soak for 24 hours. Drain off the water, rinse the beans and steam until soft, then mince or chop finely. Cut the bacon in dice and boil with the chopped onion in 1 gill water or vegetable stock for about 15 minutes. Mix with the beans, add the potato, beaten egg and seasonings. Turn into a greased bread tin, and bake in a moderate oven for 40 to 50 minutes. Turn out and serve with a brown sauce.

FAT AMERICAN BACON AND RICE ROAST.

	8 Portions.	100 Portions.
American or other boiled fat bacon (cut into dice) ...	6 ozs.	4½ lbs.
Rice ...	6 ozs.	4½ lbs.
Potatoes (cooked and sieved) ...	6 ozs.	4½ lbs.
Peaflour or other flour ...	... ½ oz.	9 ozs.
Onion (chopped) ...	2 ozs.	1½ lbs.
Parsley ...	1 teaspoonful.	3 tablespoonfuls.
Pepper ...	A pinch.	To taste.
Stock ...	½ gill.	1½ pints.
Water or stock from bacon ...	3 gills.	4½ quarts.

Method.—Wash the rice and put it into a tin with 3 gills (or 4½ quarts) of water. Close the tin and set it in a pan containing sufficient boiling water to come half-way up the sides of the tin. Cover the saucepan and steam for about 30 to 40 minutes until the rice is quite soft and the water absorbed.

Mix the rice, potato, bacon, parsley, peaflour and stock thoroughly together. Season with pepper. Place the mixture in a tin, preferably a bread tin, or, failing that, a cake tin. Bake in a moderate oven for 30 to 40 minutes. Serve hot with apple or rhubarb sauce and gravy.

Note.—If possible when cooking for large numbers, cook the rice in a jacket boiler.

RHUBARB SAUCE.

	8 Portions.	100 Portions.
Rhubarb ...	... ½ lb.	6 lbs.
Sugar ...	... ½ oz.	6 ozs.

Method.—Wash and dry the rhubarb. Cut it into small pieces and put it into a tin with the sugar. Put

the lid on the tin and place it in a closed saucepan containing enough boiling water to come half-way up the tin. Steam until the rhubarb is thoroughly cooked (about 35 minutes). Rub the fruit through a hair sieve; failing that, mash to a purée with a wooden spoon. Reheat and serve.

BACON CHOWDAR.

	8 Portions.	100 Portions.
Cold fat boiled bacon ...	... ½ lb.	6 lbs.
Onions (chopped) ...	3 ozs.	2½ lbs.
Potatoes ...	2 lbs.	24 lbs.
Mixed herbs ...	½ teaspoonful.	3 dessertspoonfuls.
Chopped parsley ...	½ teaspoonful.	3 dessertspoonfuls.
Pepper ...	To taste.	To taste.
Stock ...	½ pint.	3 quarts.

Method.—Scrub and steam the potatoes for 10 to 15 minutes. Remove the skins and cut them into cubes, also the cooked bacon. Arrange the potatoes, bacon and chopped onion in layers in a casserole or stewjar or piedish, sprinkling each layer with pepper, mixed herbs and chopped parsley. Cover with stock and finish with a layer of potato. Bake in a moderate oven for 40 to 60 minutes. Sprinkle with chopped parsley and serve.

BACON AND POTATO STEW.

	8 Portions.	100 Portions.
Fat bacon ...	½ lb.	6 lbs.
Onion (chopped) ...	3 ozs.	2½ lbs.
Potatoes ...	2 lbs.	24 lbs.
Flour ...	1½ ozs.	1 lb. 2 ozs.
Vegetable stock or water ...	1 pint.	12 pints.
Pepper ...	To taste.	To taste.
Gravy browning ...	A few drops.	As required.

Method.—Scrub the potatoes very thoroughly and remove specks. Cut them in quarters, but do not peel them if the skins are sound. Cut up the bacon, removing the rind. Fry bacon lightly, then add the onions and fry until of a golden brown.

Stir in the flour smoothly and add the water or stock. Stir until it boils and add a few drops of gravy browning if necessary. Add potatoes and simmer for ¼ hour. Season with pepper and serve.

CABBAGE RICE AND BACON.

	8 Portions.	100 Portions.
Rice ...	8 ozs.	6 lbs.
Cabbage (spring) ...	1	12
Fat bacon (uncooked and chopped finely) ...	6-8 ozs.	6 lbs.
Onion (chopped finely) ...	3 ozs.	2½ lbs.
Water ...	1 pint.	6 quarts.
Salt and pepper ...		

Method.—Wash the rice and spring cabbage thoroughly. Boil the cabbage for 5 minutes in a pan of boiling salted water with the lid on. Shred it finely. Put the rice, cabbage, onion, bacon and water into a jar or tin, season well with salt and pepper. Put on the lid and place the jar or tin in a saucepan of boiling water. Put the saucepan lid on and cook for 45 to 60 minutes until the rice is quite tender and the cabbage thoroughly cooked. Serve hot in a casserole or on a hot dish.

Note.—If possible, when cooking for 100, cook this dish in a jacket boiler.

CORN AND BACON ROAST.

	8 Portions.	100 Portions.
Cold boiled fat bacon ...	6 ozs.	4½ lbs.
Maize semolina ...	6 ozs.	4½ lbs.
Potato (grated raw) ...	6 ozs.	4½ lbs.
Flour ...	1½ ozs.	1 lb. 2 ozs.
Mixed herbs ...	½ teaspoonful.	4½ tablespoonfuls.
Onion (chopped finely) ...	3 ozs.	2½ lbs.
Stock ...	2½ gills.	7½ pints.
Pepper ...		

Method.—Scrub and scrape the potatoes. Put the cooked bacon and raw potato through the mincing machine or chop finely. Mix the maize, potato, bacon, flour, onion, mixed herbs and stock together thoroughly. Season with pepper. Press into a greased bread-tin or cake-tin and bake in a moderate oven for 45-50 minutes. Serve with brown potato sauce or gravy.

BROWN POTATO SAUCE.

	8 Portions.	100 Portions.
Onion ...	1 onion.	2 lbs.
Potato ...	1 large potato.	4 lbs.
Stock ...	1 pint.	6 quarts.
Finely-chopped parsley ...	1 teaspoonful.	3 tablespoonfuls.
Mixed herbs or a few celery seeds ...	½ teaspoonful.	1½ tablespoonfuls.
Fat (bacon fat rendered down) ...	½ oz.	6 ozs.
Salt and pepper ...	To taste.	To taste.

Method.—Peel and finely chop the onion; scrub and grate the potato; if using celery seeds or herbs, tie them in a small piece of muslin.

Melt the fat in a small saucepan, fry the onion in this until nicely browned; now add the grated potato, stock and herbs, and simmer gently until the potato and onion are quite cooked. Remove the herbs, tammy or strain the sauce or just whisk it until smooth.

BACON AND BEETROOT SALAD.

	6 Portions.	100 Portions.
Cooked beetroots ...	1 lb.	16 lbs.
Cold boiled fat bacon ...	4 to 6 ozs.	4-6 lbs.
Potatoes ...	1 lb.	16 lbs.
Spring onions, very small, or ...	2 ozs.	2 lbs.
Chopped onions scraped or finely chopped ...	½ teaspoonful.	2 tablespoonfuls.
Parsley, finely chopped, or tarragon and chervil ...	1 teaspoonful.	4 ozs.
Sour milk dressing ...	1½ gills.	6 pints.

Method.—Slice the bacon and cut it into pieces ½ inch square, also cut up the potatoes in a similar manner. Wash and shred the onions and sprinkle them over the bacon and potatoes; pour over the dressing and mix all well together.

Peel and chop the beetroot, sprinkle with 1 tablespoonful of vinegar (or oil and vinegar, if you have it) mixed with the parsley or tarragon and chervil. Put the bacon salad in the centre of a dish, arrange the beetroot salad round it, and serve.

Note.—Cold salt beef or corned beef can be used for this salad, or equal quantities of bacon and beef.

SOUR MILK SALAD DRESSING.

	6 Portions.	100 Portions.
Sour milk ...	1 gill.	4 pints.
Cornflour ...	1 teaspoonful.	4 ozs.
Mustard ...	½ teaspoonful.	2 ozs.
Salt ...	½ teaspoonful.	1 tablespoonful.
Sugar ...	½ teaspoonful.	2 tablespoonfuls.
Vinegar ...	2 dessertspoon-fuls.	½ pint.

Method.—Mix the cornflour and water together to a smooth paste, then add the sour milk. Pour it into a small saucepan and bring to boiling-point, stirring all the time. Remove from the stove. Mix the mustard, salt and pepper to a smooth paste with the vinegar, and add it to the sauce when cooling. Serve when quite cold.

SWEET MILK SALAD DRESSING.

	6 Portions.	100 Portions.
Milk ...	1 gill.	4 pints.
Cornflour ...	1 teaspoonful.	4 ozs.
Mustard ...	½ teaspoonful.	2 tablespoonfuls.
Salt ...	½ teaspoonful.	1 tablespoonful.
Pepper ...	A pinch.	1 teaspoonful.
Sugar ...	½ teaspoonful.	2 tablespoonfuls.
Vinegar ...	2 teaspoonfuls.	1 gill.
Egg (dried and soaked, or a fresh egg) ...	1.	16.

Method.—Mix the cornflour to a smooth paste with a little water. Boil the milk, add the cornflour, stirring thoroughly, and cook for 3 minutes. Remove from the fire, cool slightly, stir in the soaked egg. Mix the mustard, salt, pepper and sugar to a smooth paste with the vinegar and stir it into the sauce. Serve with salad or cold vegetables.

FISH RECIPES.

Certain kinds of fish, such as herrings, mackerel, sprats and salmon, are rich in fat, and when combined with other foods, such as rice, maize, beans or potatoes, make very nourishing and appetising dishes.

SALMON KEDGEREE.

6 Portions.	100 Portions.
6 ozs. rice.	6 lbs.
1 tin salmon (about $\frac{1}{2}$ lb).	16 tins.
1 teaspoonful chopped parsley.	4 tablespoonfuls.
Salt and pepper.	Salt and pepper.

Method.—Wash the rice and put it into a tin or jar with $2\frac{1}{2}$ gills of water and 1 teaspoonful of salt; place the tin in a saucepan of boiling water, steam 20 to 35 minutes until it is quite tender and the grains separate.

Open the tin of salmon and carefully flake the fish, removing any pieces of bone and skin. Make it quite hot, then add the cooked rice, parsley, pepper and salt to taste.

Serve piled on a very hot dish and garnish with chopped parsley.

The addition of a chopped hard-boiled egg would greatly improve the dish.

SOUSED PICKLED HERRINGS.

Well wash the herrings, split them down the back and remove the bone; allow them to soak in cold water for at least four hours to extract the salt, changing the water once or twice during the time. Remove from the water and put them into a pie-dish, folded together as if the bone had not been removed; add a few peppercorns, cloves and a bay leaf, cover with vinegar, and bake them for 20 to 30 minutes. Serve cold.

Mackerel, fresh herrings or sprats may be cooked in the same manner.

BEDFORD FISH ROLL.

6 Portions.	100 Portions.
2 smoked herrings.	32 smoked herrings.
4 ozs. cooked brown beans.	4 lbs. cooked brown beans.
8 ozs. raw potatoes.	8 lbs. raw potatoes.
2 ozs. maize meal or meal.	2 lbs. maize meal or meal.
1 teaspoonful parsley.	4 tablespoonfuls parsley.
Pepper.	Pepper to taste.
A little vinegar or lemon juice.	2 tablespoonfuls vinegar or lemon juice.

Method.—Scrub the potatoes, dry them, and pass them through a mincing machine with a fine cutter or grate them on a bread or suet grater.

Remove the skin and the bones from the smoked herrings, pass the fish through the mincer, and also the cooked beans. Mix all well together with the meal or oatmeal, chopped parsley, vinegar, lemon juice and pepper. Form into a roll and steam for 45 minutes.

Note.—This can be baked if liked, in which case it should be rolled in a piece of greased paper.

SAUCE.

6 Portions.	100 Portions.
$\frac{1}{2}$ pint milk and water or fish stock.	8 pints milk and water or fish stock.
$\frac{1}{2}$ oz. cornflour.	8 ozs. cornflour.
Salt and pepper.	Salt and pepper to taste.
1 teaspoonful chopped parsley.	4 tablespoonfuls chopped parsley.

Method.—Boil $\frac{2}{3}$ of the milk and mix cornflour smoothly with the rest of the milk. Pour on the boiling milk, return it to the saucepan and boil for 3 minutes, stirring well to prevent lumps. Season to taste and add chopped parsley.

SMOKED HERRING AND POTATO SALAD.

6 Portions.	100 Portions.
Smoked pickled herrings (sometimes called ham-cured herrings).	12 lbs.
Potatoes.	24 lbs.
Chopped capers or gherkins.	2 teaspoonfuls.
	6 tablespoonfuls.

6 Portions.	100 Portions.
Finely chopped or scraped onion.	$\frac{1}{2}$ teaspoonful.
Vinegar.	3 teaspoonfuls.
Salt and pepper.	$\frac{1}{2}$ pint.
Oil-less dressing or sour milk dressing.	To taste.
	3 pints.

Method.—Remove the heads of the herrings; split them down the back; remove any black skin; soak them in cold water for 24 hours. The next day, remove the bone and skin, cut them into neat pieces or shreds, put them on a basin or plate, pour over them half the vinegar, and allow to stand a few minutes.

Wash, scrub and steam the potatoes, peel them, cut them into slices or cubes, sprinkle with the chopped onion and capers and pieces of herring.

Pour over oil-less dressing or sour milk dressing.

COTTAGE CHEESE.

6 Portions.	100 Portions.
Milk.	1 quart.
Rennet essence.	4 gallons.
Cold water.	1 teaspoonful.
	4 tablespoonfuls.
	$\frac{1}{2}$ pint.
	This makes about $5\frac{1}{2}$ lbs.

Method.—Allow the milk to stand in warm weather for 24 hours, and in cold weather for 48 hours. Mix the rennet and cold water. Heat the milk to a temperature of 80 to 95° Fahr. (almost blood heat) in a jug set in a pan of hot water. Remove the jug from the pan, add the rennet, mix thoroughly, cover with a muslin, set aside in an even temperature for about 3 hours. Tie a stout piece of huckaback or old linen (previously scalded and rinsed in cold water) over a basin. Ladle the curd on to this and allow the whey to drain off for about 20 minutes. Tie up the cloth without squeezing the cheese, and hang it up in order to drain off the remainder of the whey. This takes about 1 hour. Open the cloth and break the curd with a fork. Add salt according to taste, and work this in with the fork. Tie in muslin, stand on a hair sieve or a mat made of straw, or clean blotting paper, and put a small weight on top. Leave overnight, remove the weight and allow to stand for about 3 days, when it will be ready for use. It will keep for about 10 days.

Note.—The flavour may be varied as follows, if liked:

- By the addition of (for 6 persons) 1. 1 teaspoonful chopped pimento at the same time as the salt; or
2. 1 tablespoonful chopped olives; or
3. 1 teaspoonful chopped parsley.

COTTAGE CHEESE AND CABBAGE SALAD.

6 Portions.	100 Portions.
Cottage cheese.	5 $\frac{1}{2}$ ozs.
Spring cabbage (very young and quickly grown).	5 $\frac{1}{2}$ lbs.
Oil-less dressing.	16.
Or oil and vinegar dressing ($\frac{1}{2}$ oil and $\frac{1}{2}$ vinegar).	1 lb.
	4 pints.

Method.—Remove the stem and outside leaves of the cabbage; well wash it, then allow it to stand for half an hour in very cold water to which some salt has been added. Rinse and examine the cabbage carefully.

Wash the onions, and shred them finely, shred also the cabbage, which has previously been dried in a clean cloth. Pour over the dressing and mix all well together. Pile in a dish, cut the cheese into slices, arrange it down the centre, and serve immediately.

Note.—A border of thinly-sliced tomatoes, when available, would greatly improve this salad.

ONE-COUPON-FOR-SIX PUDDING.

6 Portions.	100 Portions.
Grated raw carrot.	$\frac{1}{2}$ lb.
Grated raw potato.	8 lbs.
Sausage meat.	$\frac{1}{2}$ lb.
Salt and pepper.	8 lbs.
Nutmeg.	To taste.
Chopped parsley.	To taste.
	1 teaspoonful.
	4 tablespoonfuls.

6 Portions.	100 Portions.
Onion (peeled and finely chopped).	1 (small).
Egg (dried and soaked) or a fresh egg.	2 lbs.
A little stock if necessary.	16 eggs.

Method.—Put the carrots, potatoes, onions and sausage meat into a basin and mix thoroughly. Add to this the parsley, seasoning and the egg beaten up.

Mix all the ingredients well together, adding a little more milk or stock if the mixture is found to be too dry.

Put this mixture into a greased pudding basin or mould, cover and steam for 2 hours.

Turn out on a hot dish and serve with brown potato sauce or nicely-seasoned gravy.

PUDDINGS WITHOUT FAT.

Summer Puddings.

STRAWBERRY MOULD.

5 Portions.	100 Portions.
Tapioca (small).	1 teacupful.
Strawberries or any soft fruit.	1 lb.
Golden syrup.	1 dessert-spoonful.
Water.	2 $\frac{1}{2}$ teacupfuls.

Method.—Soak the tapioca in half a cup of cold water; put the rest of the water in a saucepan to boil; pick and cut up the strawberries. Cook the soaked tapioca in the boiling water for 10 minutes, then stir in the syrup and the cut strawberries; cook for another 5 minutes, pour into a wetted mould or basin, and allow to set.

MAIZE CHOCOLATE PUDDING.

5 Portions.	100 Portions.
Golden syrup.	1 teaspoonful.
Ground maize or maize semolina.	10 ozs.
Milk and water.	3 tablespoonfuls.
Chocolate powder.	2 breakfast-cupfuls.
	1 $\frac{1}{2}$ lbs.

Method.—Boil the milk and water and stir in the maize; cook for 5 minutes, stirring all the time; add the chocolate powder and golden syrup; cook for another 10 minutes and pour into a dish. Serve hot or cold.

ECONOMICAL CHESTNUT CREAM.

6 Portions.	100 Portions.
Chestnuts.	$\frac{1}{2}$ lb.
Milk and water.	8 lbs.
Cornflour or custard powder.	$\frac{1}{2}$ pint.
Sugar or syrup.	1 $\frac{1}{2}$ ozs.
Vanilla essence.	1 $\frac{1}{2}$ lb.
	$\frac{1}{2}$ lb.
	To taste.

Method.—Wash the chestnuts, boil them in their skins for 15 to 20 minutes. Peel and mash them with a fork or pass them through a sieve.

Mix the cornflour or custard powder with 1 gill of milk and water. Boil the rest of the milk and water, with the sugar added, and stir in the mixed cornflour. Cook for 2 or 3 minutes, stirring all the time. Remove from the fire. Add the chestnut crumbs and the essence, and allow to get quite cold. Serve in custard glasses or in a glass dish.

GROUND RICE SOUFFLE PUDDING.

2 ozs. ground rice.	1 oz. sugar.
$\frac{1}{2}$ pint milk.	2 eggs.
A little essence of vanilla or orange or lemon rind.	

Method.—Mix the ground rice with $\frac{1}{2}$ gill milk. Bring the rest of the milk to boiling-point, stir in the ground rice and boil together for 7 to 10 minutes until quite cooked. Remove from the fire or stove, add the sugar and the yolks of the eggs, then add the whites of the eggs whipped to a stiff froth.

Pour into 6 greased moulds or basins and steam for 20 to 25 minutes.

	6 Portions.	100 Portions.
Finely chopped or scraped onion	... 1 teaspoonful.	3 teaspoonfuls.
Vinegar	... 2 tablespoonfuls.	1 pint.
Salt and pepper	... To taste.	To taste.
Oil-less dressing or sour milk dressing.	1 gill.	3 pints.

Method.—Remove the heads of the herrings; split them down the back; remove any black skin; soak them in cold water for 24 hours. The next day, remove the bone and skin, cut them into neat pieces or shreds, put them on a basin or plate, pour over them half the vinegar, and allow to stand a few minutes.

Wash, scrub and steam the potatoes, peel them, cut them into slices or cubes, sprinkle with the chopped onion and capers and pieces of herring.

Pour over oil-less dressing or sour milk dressing.

COTTAGE CHEESE.

	6 Portions.	100 Portions.
Milk	... 1 quart.	4 gallons.
Rennet essence	... 1 teaspoonful.	4 tablespoonfuls.
Cold water	... 1 tablespoonful.	1 pint.
	This makes about 5½ ozs.	This makes about 5½ lbs.

Method.—Allow the milk to stand in warm weather for 24 hours, and in cold weather for 48 hours. Mix the rennet and cold water. Heat the milk to a temperature of 80 to 95° Fahr. (almost blood heat) in a jug set in a pan of hot water. Remove the jug from the pan, add the rennet, mix thoroughly, cover with a muslin, set aside in an even temperature for about 3 hours. Tie a stout piece of huckaback or old linen (previously scalded and rinsed in cold water) over a basin. Ladle the curd on to this and allow the whey to drain off for about 20 minutes. Tie up the cloth without squeezing the cheese, and hang it up in order to drain off the remainder of the whey. This takes about 1 hour. Open the cloth and break the curd with a fork. Add salt according to taste, and work this in with the fork. Tie in muslin, stand on a hair sieve or a mat made of straw, or clean blotting paper, and put a small weight on top. Leave overnight, remove the weight and allow to stand for about 3 days, when it will be ready for use. It will keep for about 10 days.

Note.—The flavour may be varied as follows, if liked:

By the addition of (for 6 persons)

1. 1 teaspoonful chopped pimento at the same time as the salt; or
2. 1 tablespoonful chopped olives; or
3. 1 teaspoonful chopped parsley.

For 100 persons multiply the above quantities by 16.

COTTAGE CHEESE AND CABBAGE SALAD.

	6 Portions.	100 Portions.
Cottage cheese	... 5½ ozs.	5½ lbs.
Spring cabbage (very young and quickly grown)	... 1.	16.
Spring onions	... 1 oz.	1 lb.
Oil-less dressing	... 1 gill.	4 pints.
Or oil and vinegar dressing (½ oil and ½ vinegar)	... ½ gill.	2 pints.

Method.—Remove the stem and outside leaves of the cabbage; well wash it, then allow it to stand for half an hour in very cold water to which some salt has been added. Rinse and examine the cabbage carefully.

Wash the onions, and shred them finely, shred also the cabbage, which has previously been dried in a clean cloth. Pour over the dressing and mix all well together. Pile in a dish, cut the cheese into slices, arrange it down the centre, and serve immediately.

Note.—A border of thinly-sliced tomatoes, when available, would greatly improve this salad.

ONE-COUPON-FOR-SIX PUDDING.

	6 Portions.	100 Portions.
Grated raw carrot	... ½ lb.	8 lbs.
Grated raw potato	... ½ lb.	8 lbs.
Sausage meat	... ½ lb.	8 lbs.
Salt and pepper	... To taste.	To taste.
Nutmeg	... To taste.	To taste.
Chopped parsley	... 1 teaspoonful.	4 tablespoonfuls.

	6 Portions.	100 Portions.
Onion (peeled and finely chopped)	... 1 (small).	2 lbs.
Egg (dried and soaked) or a fresh egg	... 1 egg.	16 eggs.
A little stock if necessary.		

Method.—Put the carrots, potatoes, onions and sausage meat into a basin and mix thoroughly. Add to this the parsley, seasoning and the egg beaten up.

Mix all the ingredients well together, adding a little more milk or stock if the mixture is found to be too dry.

Put this mixture into a greased pudding basin or mould, cover and steam for 2 hours.

Turn out on a hot dish and serve with brown potato sauce or nicely-seasoned gravy.

PUDDINGS WITHOUT FAT.

Summer Puddings.

STRAWBERRY MOULD.

	5 Portions.	100 Portions.
Tapioca (small)	... 1 teacupful.	5 lbs.
Strawberries or any soft fruit	... 1 lb.	20 lbs.
Golden syrup	... 1 dessert-spoonful.	1½ lbs.

Water ... 2½ teacupfuls. 12½ pints.

Method.—Soak the tapioca in half a cup of cold water; put the rest of the water in a saucepan to boil; pick and cut up the strawberries. Cook the soaked tapioca in the boiling water for 10 minutes, then stir in the syrup and the cut strawberries; cook for another 5 minutes, pour into a wetted mould or basin, and allow to set.

MAIZE CHOCOLATE PUDDING.

	5 Portions.	100 Portions.
Golden syrup	... 1 teaspoonful.	10 ozs.
Ground maize or maize semolina	... 3 tablespoonfuls.	3½ lbs.
Milk and water	... 2 breakfast-cupfuls.	20 pints.
Chocolate powder	... 1 tablespoonful.	1½ lbs.

Method.—Boil the milk and water and stir in the maize; cook for 5 minutes, stirring all the time; add the chocolate powder and golden syrup; cook for another 10 minutes and pour into a dish. Serve hot or cold.

ECONOMICAL CHESTNUT CREAM.

	6 Portions.	100 Portions.
Chestnuts	... ½ lb.	8 lbs.
Milk and water	... 1½ pints.	24 pints.
Cornflour or custard powder	... 1½ ozs.	1½ lb.
Sugar or syrup	... ½ oz.	½ lb.
Vanilla essence	... To taste.	To taste.

Method.—Wash the chestnuts, boil them in their skins for 15 to 20 minutes. Peel and mash them with a fork or pass them through a sieve.

Mix the cornflour or custard powder with 1 gill of milk and water. Boil the rest of the milk and water, with the sugar added, and stir in the mixed cornflour. Cook for 2 or 3 minutes, stirring all the time. Remove from the fire. Add the chestnut crumbs and the essence, and allow to get quite cold. Serve in custard glasses or in a glass dish.

GROUND RICE SOUFFLE PUDDING.

2 ozs. ground rice.	1 oz. sugar.
½ pint milk.	2 eggs.
A little essence of vanilla or orange or lemon rind.	

Method.—Mix the ground rice with ½ gill milk. Bring the rest of the milk to boiling-point, stir in the ground rice and boil together for 7 to 10 minutes until quite cooked. Remove from the fire or stove, add the sugar and the yolks of the eggs, then add the whites of the eggs whipped to a stiff froth.

Pour into 6 greased moulds or basins and steam for 20 to 25 minutes.

STEAMED PUDDINGS WITHOUT FAT.

No. 1 MIXTURE.

	8 Portions.	100 Portions.
Flour	... 6 ozs.	4½ lbs.
Ground rice	... 6 ozs.	4½ lbs.
Grated raw potato	... 6 ozs.	4½ lbs.
Baking powder	... 1 teaspoonful.	3 tablespoonfuls.
Salt	... 1 teaspoonful.	3 tablespoonfuls.
Tapioca (soaked in water for several hours)	... 1 oz.	1 lb.
Milk	... To mix.	To mix.

Method.—Mix all the dry ingredients in a bowl, add the potato and soaked tapioca and enough milk to make a soft dough. If a plain steamed pudding is required it can be put into a greased basin and steamed for 1½ hours.

No. 2 MIXTURE.

	8 Portions.	100 Portions.
Flour	... 12 ozs.	9 lbs.
Raw grated potato	... 6 ozs.	4½ lbs.
Salt	... 1 teaspoonful.	3 tablespoonfuls.
Baking powder	... 1½ teaspoonfuls.	4½ tablespoons.
Milk	... 1 gill.	3 pints.

Method.—Mix the flour and salt together in a bowl, add the grated potato and the milk, mixing very well, then add the baking powder put into a greased mould, jar or basin, or into small greased cups or moulds.

Steam the large one 1 to 1½ hours, the small ones 30 to 35 minutes, turn out and serve with syrup or jam or any nice sauce.

Note.—1 to 2 ozs. of suet or fat, if available, would greatly improve this pudding, in which case water could be used for mixing.

The above mixtures can be used in the following ways:—

1. **Jam Roly Poiy.**—Make the above paste, using a little milk to mix. Roll out on a floured board, spread with jam, roll up, tie securely in a cloth, boil or steam for 1½ hours.

2. **Savoury Roly Poly.**—Make the above paste, using a very little water instead of milk to mix to a stiff paste. Form it into an oblong shape and roll out on a floured board. Place on it about 4 rashers of bacon, sprinkle over a little chopped onion, sage or mixed herbs and pepper, and roll up. Tie it in a cloth very securely, and steam or boil for 1½ to 2 hours.

3. **Date and Rhubarb Pudding.**—Line a greased basin with the above paste, fill with dates and rhubarb washed and cut into small pieces, using two-thirds rhubarb to one-third dates. Add about 1 gill of water, brush the edges with water and cover with a round of the paste. Tie a cloth over very securely and steam or boil for 1½ to 2 hours.

4. **Treacle Roly Poly.**—Put into the bottom of a greased basin 1 tablespoonful of treacle or syrup, then line it with the above paste. Add a layer of treacle and a layer of paste alternately, making the last layer of paste. Tie securely and boil or steam for 1½ to 2 hours.

Note.—A little lemon juice added to the treacle is a great improvement.

5. For a **Date Pudding** add ½ lb. chopped stoned dates to either of the above mixtures and steam for 1½ to 2 hours (8 portions).

6. For a **Treacle Pudding** add 6 ozs. treacle and 1 teaspoonful ginger, and steam for 1½ to 2 hours (8 portions).

HORN'S REEF PUDDINGS (CARROT).

	6 Portions.	100 Portions.
Grated raw potato	... 6 ozs.	6 lbs.
Grated raw carrot	... 6 ozs.	6 lbs.
Flour	... 3 ozs.	3 lbs.
Maize meal	... 3 ozs.	3 lbs.
Carrot or orange or lemon marmalade	... 2 tablespoonfuls.	3 lbs.
Eggs (dried and soaked)	... 1 egg.	16 eggs.
Baking powder	... 1½ teaspoonfuls.	6 tablespoonfuls.

Method.—Well scrub the potatoes and the carrots. Scrape them lightly, then grate them on an ordinary

bread grater or suet shredder. Soak the dried egg in three large tablespoonfuls of water and allow to stand until dissolved.

Mix the grated carrot and potatoes together, add the maize meal and flour, mixing all well.

Add the egg well beaten and also the marmalade, adding the baking powder at the last moment.

Put into moulds or cups and steam 45 to 50 minutes. If preferred, this pudding can be cooked in one large mould, in which case steam for 2 to 2½ hours.

Serve with sauce.

SAVOURY CARROT PUDDING.

	6 Portions.	100 Portions.
Fine oatmeal ...	4 ozs.	4 lbs.
Flour ...	2 ozs.	2 lbs.
Raw grated carrot ...	6 ozs.	6 lbs.
Raw grated potato ...	6 ozs.	6 lbs.
Chopped parsley ...	1 teaspoonful.	4 tablespoonfuls.
Mixed herbs or savoury spice ...	½ teaspoonful.	2 tablespoonfuls.
Onion (finely chopped) ...	½ onion.	1½ lbs.
Salt and pepper ...	To taste.	To taste.
Eggs (dried and soaked) or fresh eggs ...	1 egg.	16 eggs.
Baking Powder ...	1½ teaspoonfuls.	6 tablespoonfuls.

Method.—Well scrub and scrape both carrots and potatoes and grate them on an ordinary bread grater. Mix them well together with the chopped onion, parsley, herbs, pepper and salt. Add the oatmeal and flour and beat well, adding the egg and baking powder. Pour into small greased moulds and steam 45 to 50 minutes, according to the size.

Serve hot with a nicely flavoured brown sauce.

LIGHT STEAMED PUDDINGS (CONTAINING A LITTLE FAT).

	6 Portions.	100 Portions.
Potato (scrubbed, cooked and sieved) ...	8 ozs.	8 lbs.
Ground rice ...	3 ozs.	3 lbs.
Golden syrup, treacle or sugar ...	1½ tablespoonfuls.	1½ lbs.
Cocoa butter or bacon fat or chopped suet ...	1½ ozs.	1½ lbs.
Dried egg soaked, or fresh egg ...	1	16
Bicarbonate of soda ...	½ teaspoonful.	2 tablespoonfuls
Milk and water ...	1 tablespoonful.	½ pint.

Method.—Mix the potatoes and ground rice together. Make a well in the centre, and into this put the grated cocoa butter, egg and golden syrup. Beat the whole thoroughly for about five minutes. Dissolve the bicarbonate of soda in a little milk and water, and stir this in last of all. Put the mixture into a greased tin, and bake in a moderate oven for ¾ hour, or steam for 1½ hours.

The mixture can be varied in the following ways (for 6 portions):—

For **Chocolate Pudding**, add 1 oz. cocoa essence or 1½ ozs. chocolate powder.

For **Ginger Pudding**, add 1 teaspoonful ground ginger, ½ teaspoonful mixed spice.

For **Orange Pudding**, add 1 tablespoonful finely chopped orange rind or 2 tablespoonfuls marmalade (in this case add only half the quantity of sugar).

For **Lemon Pudding**, add 1 tablespoonful finely chopped lemon peel and serve with clear lemon sauce.

For 100 persons multiply the above quantities by 16.

Orange and lemon peel should never be thrown away; it can be chopped and dried, and is always useful for flavouring puddings and cakes.

LEMON SAUCE.

	6 Portions.	100 Portions.
Water ...	1 pint.	2 gals.
Cornflour ...	¼ oz.	¼ lb.
Sugar ...	1½ ozs.	1½ lbs.
Juice of lemon ...	½ lemon.	8 lemons.
Lemon rind (finely shredded) ...	½ lemon.	8 lemons.

Mix the cornflour and ½ gill water to a smooth paste. Wash and dry the lemon. Peel half of it thinly and shred it finely. Put it into the saucepan with the remainder of the water, bring to the boil and boil with the lid on until the rind is tender and the water well flavoured. Stir in the cornflour mixture, cook for 3 minutes. Add the sugar and lemon juice and serve.

FATLESS CARROT CAKE.

4 ozs. grated raw carrot.	1 egg (dried).
4 ozs. grated raw potato.	1 gill milk or water.
4 ozs. flour.	1 teaspoonful mixed spice.
4 ozs. medium oatmeal.	½ teaspoonful bicarbonate of soda.
2 tablespoonfuls treacle or vinegar.	

Fruit may be added if available.

Method.—Mix the grated carrots, potato and oatmeal in a bowl; add the spice, flour, fruit, and sugar or treacle.

Mix the bicarbonate of soda with the milk and water, add to the egg, beat well together and stir into the other ingredients.

Put into greased small tins or 1 large tin and bake in a moderate oven.

Small cakes take 15 to 20 minutes, according to size. A large cake 1½ to 1¾ hours.

TWO CAKES WITH A LITTLE FAT.

CHOCOLATE CAKE.

2 to 3 ozs. chocolate or 1 oz. cocoa essence.	1 or 2 eggs (dried eggs, well soaked, can be used).
3 ozs. cocoa butter.	
4 ozs. flour.	¾ gill milk and water.
3 ozs. ground rice or cornflour.	1½ teaspoonful baking powder.
2 ozs. grated raw potato.	A little essence of vanilla or dried orange peel.
2 ozs. sugar or treacle.	

Note.—Cocoa butter when melted hardens quickly, therefore prepare a cake tin and collect all the ingredients before beginning to make the cake.

Method.—Mix the flour and rice or cornflour well together. These are the dry ingredients.

Heat the milk and water and mix with the chocolate or cocoa essence. This mixture, the eggs, and the grated raw potato should be kept separate from each other, but counted as wet ingredients.

Melt the cocoa butter and cream it with the sugar or treacle. Now thoroughly beat in the other ingredients, a little at a time, wet and dry alternately. Add the vanilla essence and the baking powder quite at the last. Put into the prepared tin and bake in a moderate oven for 1½ to 1¾ hours.

YORKSHIRE PARKINS.

4 ozs. oatmeal.	About ½ gill milk or a dried egg.
4 ozs. flour (or equal quantities of ordinary flour and potato flour).	1 teaspoonful ground ginger.
4 ozs. treacle.	½ teaspoonful mixed spice, ground cinnamon, nutmeg or cloves to taste.
1 to 2 ozs. fat (bacon fat is excellent for this purpose).	1 teaspoonful vinegar.

Method.—Mix the oatmeal, flour, ginger and spice together in a bowl, rub in the fat, make a well in the centre, warm the treacle slightly, pour into the well. Add to this the bicarbonate of soda dissolved in the milk. Work into a stiff paste, adding the vinegar at the last moment; divide the paste into equal quantities, form into rounds, flatten them and bake on a slightly greased tin in a moderate oven for 20 to 25 minutes.

Note.—With the addition of a little more liquid this might be baked in a Yorkshire pudding tin, and when cooked cut into squares.